



# United States Army

## World Class Athlete Program

An Army Morale, Welfare and Recreation Activity  
*U.S. Army Community and Family Support Center*  
 4700 King Street, Alexandria, VA 22302-4418



## Army Athlete Profile: Staff Sergeant Tonyo Sylvester



**Track & Field**  
**Shot Put**

**Date of birth:**  
**December 17, 1967**

**Hometown:**  
**Daytona Beach,**  
**Florida**

**Military Occupation:**  
**Medic**

**Military Rank:**  
**Staff Sergeant/E-6**

**Staff Sgt. Tonyo Sylvester** is a member of the World Class Athlete Program's Track & Field Team.

A former Junior Olympian, Staff Sgt. Sylvester started competing in the Shot Put in high school and competed at the 2000 US Olympic Trials. In 2001 he won silver medals at the Cardinal Invitational and the Pacific Association Championships. In 2002, Staff Sgt. Sylvester won a bronze medal at the Bob Mathias Relay and a gold medal at the Mt. SAC Relays. In 2003, he won silver medals at the Kent State Black Squirrel Meet, the Doug Raymond Invitational, the Stanford Invitational, and the Kansas Relays. He also won gold at the Air Force Academy Open, and silver at the Home Depot Grand Prix II, and gold at the Pacific Association Championship. Staff Sgt. Sylvester began his 2004 outdoor season with a gold medal at the Stanford Invitational.

A Medic, Staff Sgt. Sylvester entered the Army on February 20, 1990. He completed basic training in April 1990, and advanced individual training in July 1990.

Staff Sgt. Sylvester joined the Army because "I wanted something to challenge me and also improve my discipline. Being a member of the Army's World Class Athlete Program is important to me because it's not only a stepping stone, but it's a way that I can continue to work toward my goal of Olympic Gold."

Staff Sgt. Sylvester loves his particular sport because he has total control; no one messes up except himself. He gets pumped up for competition by thinking of all the people who doubted him.

He is a graduate of Seabreeze High School in Daytona Beach, Fla., Daytona Beach Community College in Daytona Beach, Fla., and Miami Dade Community College in Miami, Fla.

When Staff Sgt. Sylvester is not practicing or training he likes to watch/read science fiction TV shows/books.